

FAST FACTS

A message for health care providers

MENTAL HEALTH MONTH

All health care providers play a vital role:

- The treatment success rates for depression is >80 %.
- People who have untreated mental health issues use more general health services than those who seek mental health care when they need it. (APA, 2004)
- Although about 16 % of American adults will develop depression at some point, only one-fifth will receive the care they need to treat the condition. (JAMA, June 2003)
- People who have major depression and anxiety disorders are significantly (60 %) less likely to relapse if they exercise regularly - and continue exercising over time - than if they take medication alone. (Mayo Clinic, 2003)

Patient Health Questionnaire (PHQ-9) Depression Screening Tool:

- Brief, powerful tool for assisting clinicians in diagnosing depression as well as selecting and monitoring treatment. After the patient has completed the PHQ-9 questionnaire, it is scored by the clinician or office staff.
- The tool is based directly on the diagnostic criteria for major depressive disorder in the Diagnostic and Statistical Manual Fourth Edition (DSM-IV).
- Go to http://www.depression-primarycare.org/images/pdf/phq_9_eng.pdf to obtain instructions and the Depression Screening Tool.

Resources:

- MacArthur Initiative on Depression & Primary Care <http://www.depression-primarycare.org/clinicians/toolkits/materials/forms/phq9/>
- CDC Mental Illness <http://www.cdc.gov/mentalhealth/basics/mental-illness.htm>
- Mayo Clinic Mental Illness <http://www.mayoclinic.com/health/mental-illness/DS01104/DSECTION=causes>
- NAMI Family Survey http://www.nami.org/Template.cfm?Section=teens_and_young_adults&template=/ContentManagement/ContentDisplay.cfm&ContentID=120686
- AAFR Position Paper <http://www.aafp.org/online/en/home/policy/policies/m/mentalhealthcareservices.html>
- Crisis Services 24 Hour Hotline 716-834-3131 <http://crisisservices.org/content/index.php/about-crisis-services/>